

It's **ORANGE** now but you can
STAY SAFE
WITH
THE **5M'S**

Play your part in containing the spread of COVID-19 (Coronavirus Disease 2019) by following the **5M's**.



MANAGE MY HEALTH

By keeping a close watch on my body for symptoms.



MAINAIN CLEAN HANDS

Through good personal hygiene of regular hand washing with soap and water.



MINIMISE CONTACT

With those who are unwell.



MASK UP WHEN UNWELL

And visit the doctor immediately.



MONITOR THE NEWS

With moh.gov.sg and [Gov.sg WhatsApp](https://www.gov.sg/whatsapp).

DORSCON **Orange** indicates that while the disease is severe and spreads easily from person to person, it has not spread widely and is being contained in Singapore. Be socially responsible. Maintain good personal hygiene. Look out for health advisories. Comply with control measures.



PRACTISE GOOD PERSONAL HYGIENE

The Ministry of Health has introduced additional measures to safeguard public health.

Check www.moh.gov.sg for the latest updates.



MINISTRY OF HEALTH
SINGAPORE